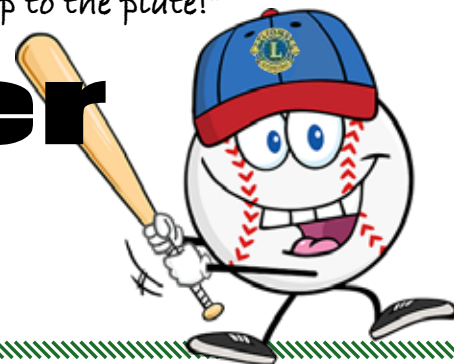




# 5M4 Newsletter

"It's time to step up to the plate!"



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## "It's time to step up to the plate!"

Hello fellow Lions!

It may be a cliché but for me it rings true. My theme for this new year of Lions will be centered around baseball and all of its uniqueness.

One of my favorite baseball quotes is from Tommy Lasorda "There are three types of baseball players: Those who make it happen, those who watch it happen and those who wonder what happens."

Sound like Lions?

"There are three types of Lions members: Those who make it happen, those who watch it happen and those who wonder what happens."

Which one are you? I challenge all of us to be the kind of Lion that MAKES it happen!! That's where my theme of "It's time to step up to the plate" comes from. I have many challenges and goals for myself this year and I am asking for all your help to achieve these. More on that in later issues.

At the virtual International Convention this year Douglas Alexander became our International President. His theme this year is "Service From The Heart". President Alexander will be a great leader for our organization, he is a Brooklyn New York resident, and next year that penguin loving Brian Sheehan will take over as President. Buckle up! From a New Yorker to a Bird Islander!!

A huge thank you to PDG Kellie for everything that she did over the past year for our District! I guarantee that the past year is not what she has envisioned for her year as Governor but she did a marvelous job under very trying circumstances.

It has been a busy summer for me, from the virtual convention to the upcoming Council of Governors meeting in St. Cloud on July 24th. I'm super excited to get this year off and running.

I am starting to get a few clubs signing up for Governor visits. I am hoping to have either myself or 1st VDG Rob or GLT Micki visit your club early this year to pass along our goals and get you started working towards them.

Service reporting is something that we really need to work on as a District and I know with our new GST, Dennis Heinen, we will improve on our reporting numbers. This is something that if you are having troubles with online reporting, Dennis can gladly help you out with.

Please be aware of the upcoming opportunities for training:

USA/Canada Leadership Forum—Sept 9-11

RLLI at Detroit Lakes October 21-24.

Here's to a fantastic year!!

Every day is a new opportunity. You can build on yesterday's success or put its failures behind and start over again. That's the way life is, with a new game every day, and that's the way baseball is." - Bob Feller



**Lion Karla Athman and  
DG Lion Marty Athman**





# LET'S GO!

As I sit down to write this article I have to say I am excited about this coming year as a Lion. Things are going to be great.

The new Lions year is underway. Let's all work together to help DG Marty reach his goals. He has very achievable goals if we all work together.

I personally am looking forward to a great year in Lions. We are able to meet and interact as a group again and I am excited. We will be able to support each other. Someways to do this is. Watch the news letter and see what is happen through out the district. Take the drive and go to a pancake breakfast. Or call a neighboring club and buy one of there raffle tickets. When a club is having a event see if they need help. It is time to renew our comradery.

I am starting my training as First vice District Governor. This is the time I have been waiting for. The opportunity to learn more about lions. I am attending the GAT summit. And then I will be attending the USA/CANADA forum. I am looking forward to learning a lot at each event.

I am also here to help. If you need anything do not hesitate to call email, or text me. Like I said, I may not know the answer but I do know the person who does.

Like ROAR into the new year of Lions

1VDG, Lion Rob Wiener 5m4  
320 241 7100  
5m4lionrob@gmail.com



**1st VDG Lion Rob Wiener  
and Lion Jo Wiener**

## SIGN UP!

<https://www.signupgenius.com/go/60B0E49AAAA2AA6FB6-mnlions1>  
Newsletter website Facebook page.  
**Lion Rob**

3.

5M4 Newsletter

www.e-district.org/sites/5M4

AUGUST 2021

"It's time to step up to the plate!"



POLICE-COMMUNITY PARTNERSHIPS

**TUESDAY, AUGUST 3<sup>RD</sup>**

**BUFFALO LAKE CITY PARK**

**5:30 – 8 PM**

**BURGERS \* BRATS \* HOTDOGS**

**FREE WILL OFFERING FOR BUFFALO LAKE EMS**

**Fire, Ambulance, and Police**



**COTTON CANDY \* SNOW CONES \* YARD GAMES**

**Tour the ambulance and fire trucks \* Used eyeglasses and hearing aid collection \* Walk in the Park luminaries for sale \* and more!**

Organized by the Buffalo Lake Lions in conjunction with Buffalo Lake Citizens for Success, Buffalo Lake Fire Department, Buffalo Lake Ambulance, Buffalo Lake Police Department, Stampsters, and 18 Wheelers.



**Need something in the newsletter? Send to: [gcanne@runestone.net](mailto:gcanne@runestone.net)**

"It's time to step up to the plate!"



**WANTED**  
**APPLY TODAY**

**2022 CABINET MEMBERS**

**DESCRIPTION**

- ENERGETIC
- FORWARD THINKING
- CREATIVE
- DETERMINED

**INDIVIDUALS.**

**REWARD**

MANY  
REWARDING  
EXPERIENCES



# Hoffman Lions

On July 12, Past District Governor Kellie Knudson from the Montivideo Lions installed the new Hoffman Lions club officers for this year. From left to right Ed Bolas 1st Vice President, Kelly Knudson, Mary Bolas President and Ken Johnson 2nd Vice President. In addition, several members received 10 and 20 year service pins.



"It's time to step up to the plate!"



## Benson Lions donation

Mick Boone of the Benson Lions Club presented a check for \$500 to Vicki Olson and Sue Fragodt of the Prairie Five/Swift County Food Shelf. The food shelf will receive a matching grant from "Open Your Heart to the Hungry and Homeless" for any donations during the month of July.

\$50



# Augtobberfest

Elbow Lake Lions Club



# Sat., August 28, 2021

## Barrett MN Lakeside Pavilion & Grounds

Doors open 4 to 9 P.M. (Food ready at 5)

Your \$50 Ticket includes: Authentic German Food (lots of choices!), 1 Adult Beverage, (Full bar), Beer Vendors, Free Games, Live Music, Dancing

*Thank you to these sponsors:*

**BARRETT FARM SUPPLY  
ELBOW LAKE CO-OP GRAIN**

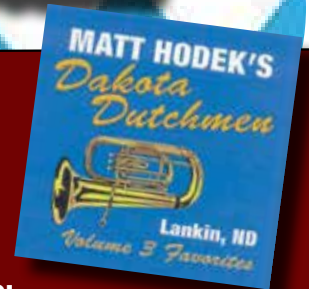
To purchase your Tickets:

See any Elbow Lake Lions Club member;

Go to: "Elbow Lake Lions Club/ Augtobberfest" Facebook page, you can pay via Venmo

(@Elbow\_Lake\_Lions) if you like; e-mail: [elbowlakelions@gmail.com](mailto:elbowlakelions@gmail.com);

Available at the Grant County Herald, too





"It's time to step up to the plate!"



# Cosmos Lions Labor Day Co-Rec Softball Tournament

Between the Milky Way and Venus since 1972



**September  
4-5  
2021  
\$175 Entry**

- Burgers
- Beer
- Concession Stand (Please support your friendly, neighborhood Lions Club)
- Free Camping (No Hookup)



**Send \$175 Entry Fee to Cosmos Lions:  
Butch Schmeling, 201 Saturn Street,  
Cosmos, MN 56228**

Include, with your entry fee check, this information:

Team Name \_\_\_\_\_  
Telephone Contact Number \_\_\_\_\_  
Address \_\_\_\_\_  
Manager \_\_\_\_\_

Entry Deadline is August 28, 2021  
For Information, call 320.583.2531; or  
email: cosmoslions@mac.com

### Rules & Regulations

- ✓ Batters start with 1-1 count. Foul on 2-strike count is out
  - ✓ Mat used for strike zone
  - ✓ Limit of 3 homeruns for men and 3 for women. Excess are outs.
  - ✓ Must have at least 8 players to start, may not field more men than women
  - ✓ May bat entire bench (equal number of men/women), but must declare before game
  - ✓ Balls supplied
  - ✓ There are no restrictions for defensive alignment
  - ✓ Courtesy runners: One person per inning, per gender (previous out of same gender)
  - ✓ If a male walks, following female has option to walk or bat if 2 outs
  - ✓ The batting order must alternate between genders
  - ✓ 10-run rule after five innings; 15 runs after four
  - ✓ Six-foot minimum, 12-foot maximum arc
  - ✓ Rosters may include 20 players
  - ✓ No steel spikes or cleats
  - ✓ In case of rain, tournament directors will determine makeup
  - ✓ All umpires' decisions are final
  - ✓ Grace time of 10 minutes for team's first game only
- Other situations will be covered by MSF regulations*
- ✓ **Rosters must be turned in prior to first game**



### Prizes (Based on 8 teams)

First: \$375  
Second: \$275  
Third: \$200



We Serve

"It's time to step up to the plate!"



# HARVEST PACK EVENT

Facilitated by The Forada Lions



## VOLUNTEERS NEEDED

Join us at any of the following packing shift times:  
Jim Schobel 320-767-1606

Date: Thursday, August 26, 2021

Shift Times: 12Noon, 2PM, 4PM & 6PM

Location: RUNESTONE COMMUNITY CENTER

Goal: 100,000 Meals

83,000 meals were packed IN 2019 with the support of the following organizations, businesses, and churches - as well as over 250 volunteers:

Forada Lions, Forada Fire Dept, Alex Evening Lions, Carlos Lions, Osakis Lions, Garfield Lions, Sauk Center Lions, Brandon Lions, Runestone Lions, Kensington Lions, Villard Lions, Knights of Columbus, Rotary, VFW Post 936, Golden Kiwanis, Sertoma, Kiwanis, Geneva Capital, Hometown Community Bank, Glenwood Bank, Neighborhood Bank, Bremer Bank, Ferguson Excavating, Villard Church, Winning Ridge

*Meals are sent to Haiti, the Philippines, and local Minnesota Food Distribution outlets.*



"It's time to step up to the plate!"



**2020-2021 CLUB EXCELLENCE AWARD APPLICATION**  
*Club must be chartered prior to January 1 of the fiscal year to qualify*

\_\_\_\_\_ Date

Club Number	Club Name	District
Member Number	2020-2021 Club President's Name	Email Address

**1. MEMBERSHIP**

Achieved a net growth of: \_\_\_\_\_ **or** Chartered new Lions club, Leo Club or Club Branch:  
 Name of club, or branch: \_\_\_\_\_

**2. SERVICE**

- Contributed to LCIF
- Started a new service project. *Consider one of our Global Causes!*
- List Three projects/events hosted by the club:
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_

**3. ORGANIZATIONAL EXCELLENCE**

- Club is in Good Standing: Not in Status Quo or Financial Suspension. District dues paid and no unpaid balance with LCI greater than US\$50 outstanding 90 days or more.
- Key Officers participate in one or more of the following leadership training events. *Select all that apply:*
  - District
  - International
  - Lions Learning Center
  - Multiple District
  - Webinars
- Improved club operations. Use the Club Quality Initiative to identify opportunities for improving your club.  
 Improvements include: \_\_\_\_\_

**4. MARKETING AND COMMUNICATION**

- The club has publicized its service activities through local media or social media. Choose all that apply:
  - Facebook
  - Instagram
  - Twitter
  - Billboards
  - Presentations to Groups
  - Other \_\_\_\_\_
  - Local Paper
  - Radio
  - Club Website
  - Posted or Distributed Flyers

District	2020-2021 District Governor Signature*	Member Number	Date
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**Due by:** August 31, 2021  
**Send to:** [clubexcellenceaward@lionsclubs.org](mailto:clubexcellenceaward@lionsclubs.org) or fax to (630) 468-6828  
**Awards Mailed to:** 2021-2022 District Governors

\*If sent from district governor's registered email, it qualifies as signature on applications submitted electronically.  
 Request for review of award eligibility from a disqualified club will be considered only if received at International Headquarters within 12 months after completion of the fiscal year, provided that the original application form is already filed at LCI.





Spicer Sunrise Lions  
happy to be serving.  
Patrons happy to be served.  
It was a very good day!

## KidSight at State Fair

Lions MD5M KidSight Foundation will be providing KidSight eye screenings at the Minnesota State Fair. On Saturday, September 4th is the designated day for Lions from 5M4 to volunteer to conduct the eye screenings. The Foundation pays for volunteer's fair tickets as well as gas mileage and possible other expenses. Please consider being a volunteer and help spread the word to others in your club. I know those volunteering will find it to be a fulfilling enjoyable day.

The KidSight eye screenings are in the KARE 11 Health Fair Building on the corner of Dan Patch Avenue and Cooper Street. Each day of the fair there will be four shifts for conducting the eye screenings. The times for the shifts are: 8:30 to Noon, 11:45 to 3:00, 2:45 to 6:00, and 5:45 to 8:15. Each shift requires six volunteers (2 vision screeners, 2 greeters, and 2 escorts).

Greeters stand in front of the booth and engage parents as they walk by, explaining why they should have their children's eyes screened. They carry a clip board with the necessary parent consent form.

Vision screeners should have experience in using the equipment from your club's KidSight activities. We will be using the same Welch Allyn SPOT screeners as we use within 5M4.

The Escorts will receive the consent form from the Greeters. They will bring the family or child to the vision screening position. Once the screening is complete, they will hand the appropriate form to the parent along with the screening explanation sheet. If the result is a refer, they will have the parent complete the required items on the consent form. They will hand the parent the refer letter, the printout of the screening results and the explanation of screening form.

The shifts provide for training prior to performing these roles. It should be noted that Greeters and Escorts need volunteers who are able of standing for much of the shifts.

Those interested in volunteering can visit the site the KidSight Foundation has set up on SignUpGenius.com web page.

The web site is:

<[www.signupgenius.com/go/5080d45adac2fa7f58-state1](http://www.signupgenius.com/go/5080d45adac2fa7f58-state1)>

Please also email Donn Winckler, from the Willmar Noon Lions, if you volunteer so he can get your contact information for sending you Fair tickets and pass along any updates he may learn about. Thank you in advance for considering volunteering and helping spread the word to other Lion members. Donn's email address is [donnwinckler@gmail.com](mailto:donnwinckler@gmail.com) and his cell phone number is 329-292-3956. We would like to have our volunteers in 5M4 signed up as soon as possible to allow other Districts the time to find volunteers for slots we cannot fill.

**PUT YOUR EVENT ON THE 5M4 WEBSITE!**

**Please let us know if you'd like us to post your 5M4 club event.**

**Send to [patrickposl@gmail.com](mailto:patrickposl@gmail.com)**



**Minnesota Lions Hearing  
Foundation  
Hearing Research Fellowship  
Application**

# Hearing Research Fellowship Application

The Hearing Research Fellowship Award can be presented to a club member, family member or member of the community by a local club on behalf of the MN Lions Hearing Foundation. For every \$1000 donated to the Hearing Foundation, a Club earns one recognition award. Please consult with your District Hearing Foundation Trustee to determine how many club credits your club has earned.

**Please PRINT**

Club Name: \_\_\_\_\_ District \_\_\_\_\_

Person submitting Application: \_\_\_\_\_

Address where to ship recognition: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Contact email address: \_\_\_\_\_

**RECIPIENT:**

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Please Check Appropriate Fellowship:

\_\_\_\_\_ **Individual Fellowship** = gift totaling \$1000 made by individual, Lions Club, or Lions District to honor someone as a Lion Hearing Research Fellowship.

\_\_\_\_\_ **Memorial Fellowship**= gift totaling cumulative \$1000 given in memory of a deceased Lion or individual.

\_\_\_\_\_ **Cumulative Fellowship**= accumulated gifts over time resulting in \$1000 donation. Fellowship plaque awarded upon cumulative \$1000 donated.

\_\_\_\_\_ **Progressive Fellowship**= gift to honor an individual who has previously been awarded a Hearing Fellowship Award.

Amount of donation: \_\_\_\_\_ Check # \_\_\_\_\_ Date \_\_\_\_\_

*Please send completed application to PDG Mike Vos, Foundation Treasurer for processing.*

Check Payable to: **Minnesota Lions Hearing Foundation**

Payment to: PDG Mike Vos, Foundation Treasurer  
20472 371<sup>st</sup> Avenue, Green Isle, MN 55338

This award can be awarded to a Lion, a community member or business or other organization the club chooses. The award helps with the ongoing hearing health research projects at the University of Minnesota.

This award can be given for every \$1,000 the club gives to our organization. Clubs can check with their trustees to find our their balance.

**Please allow 30 days to process & ship award recognition**

# Family tradition of eye care

RECOGNITION!



Photos by Thalen Zimmerman / Echo Press

Doctors Deborah Ristvedt and Lowell Gess share smiles of surprise and joy after Ristvedt was awarded the Melvin Jones Fellowship award at the Alexandria Lion Club dinner.

## Lions Club honors a family of eye doctors at award dinner

By Thalen Zimmerman  
tzimmerman@echopress.com

**D**r. Deborah Ristvedt, Alexandria native and ophthalmologist at Vance Thompson Vision, had no idea she was to receive the Melvin Jones Fellowship award when she attended an annual dinner hosted by the Alexandria Lions Club on Monday, June 14.

When newly appointed 4-5 District Governor of Lions International Kellie Knudson announced, "It is my honor to present a Melvin Jones Fellow to Dr. Deborah Ristvedt," the room filled with smiles, clapping, and a standing ovation as a look of sheer surprise came over Ristvedt. "I am so surprised and honored," said Ristvedt, "I thought we were here to honor my grandfather."

Her grandfather, Dr. Lowell Gess, an honorary club member, and her father, Dr. Tim Gess, are both ophthalmologists known as pioneers in their field. Both have practiced eye treatments in Alexandria since the 1970s.



Dr. Lowell Gess sticks an award pin on his granddaughter Dr. Deborah Ristvedt after she received the Melvin Jones Fellowship award at Alexandria Lions Club dinner as fellow Lions members look on.



Three generations of ophthalmologists stand with 5-4 District Governor of the Lions Club after Ristvedt received Melvin Jones Fellowship award. From left, Dr. Timm Gess, Dr. Deborah Ristvedt, Dr. Lowell Gess, and Governor Kelly Knutson.

The Melvin Jones Fellow, named after the founder of Lions International, is the highest form of recognition within the Lion's Club and is presented to outstanding individuals who embody humanitarian values consistent with the nature of the Lion's Club.

Ristvedt received her award for her generosity given to a patient. After the patient reached out to Lion's International Chicago for help with a much needed cataract surgery, International

contacted the Alexandria Lions Club to see what they could do.

"We reached out to Dr. Deb, and she did the surgery for nothing, pro-bono," said Bob Dahlheimer, secretary for the Alexandria Lions Club.

Since she was a young girl, Ristvedt always knew she wanted to be a doctor.

"When I saw the work my dad and grandpa were doing, helping to treat blindness caused by cataracts," said Ristvedt, "I knew I wanted to be an ophthalmologist."

"Since she was 3 years old, I remember her saying she wanted to be a doctor like her dad," said Joanne Gess, Ristvedts mother.

Ristvedt has been an ophthalmologist in Alexandria for the past eleven years. Currently, she is researching the use of MIGS, micro invasive glaucoma surgery, with her father, who came out of retirement to be her understudy. Ristvedt can use MIGS to treat glaucoma and cataracts simultaneously.

"My daughter has way eclipsed me. She

is just amazing," Tim Gess said. "You can't imagine how proud I am of Deb."

Dr. Lowell Gess, who turns 100 years this July, was also honored at the dinner. He received the Helen Keller Award for providing outstanding service within the community. Lowell has been a doctor since 1951. He has worked as a pastor, crossed the ocean 194 times, wrote six books (currently working on a 7th), and helped establish the Lowell and Ruth Gess United Methodist Eye Hospital in the west

African nation of Sierra Leone. "The largest and best-equipped eye care facility in the country," according to Global Ministries.

"I am so proud of her. She is doing such great work and pioneering," said Lowell when asked about his granddaughters' accomplishments, "She is a wizard."

The Lion's Club has been doing its part to find a cure for preventable blindness after Helen Keller called on the club to be her "knights for the blind" in 1925.



"It's time to step up to the plate!"

**LCIF = Our Lions Foundation - Donation Information  
Campaign 100 started July 1, 2018**

- \* Our district 5M4 targeted is to do our part for this 3 year campaign matching with the 100 theme:
- > 100 percent participation
- > \$100 average per club member per year with personal and club donations going into the average
- \* Easy ways to donate are:
- > Go to web address: [lcif.org](http://lcif.org) and set up ACH bank account or credit card automatic giving
- > Go to [lcif.org](http://lcif.org) and donate with credit card

Mail with attached form to  
 Lions Club International Foundation, Dept 4547, Carol Stream, IL 60122-4547  
 or give to your president, secretary or treasurer  
 OR: Give or mail to: 5M4 Foundation District chair Craig Schellberg, 6233 97th Ave NE, Spicer, MN  
 56288. Phone/text: 320-894-6843 email: [spicerlioncraig@gmail.com](mailto:spicerlioncraig@gmail.com)

For technical help: Phone 630-203-3836 or email: [donorassistance@lionsclubs.org](mailto:donorassistance@lionsclubs.org)

**Please Detach this form and include with donation**

Date: \_\_\_\_\_

Name: \_\_\_\_\_ Member # \_\_\_\_\_

Address with town: \_\_\_\_\_

Donate to:  Empowering Service = Area of Humanitarian greatest needs  
 (pick one)  Disaster Relief  
 Half & half

Donation amount: \_\_\_\_\_ I plan to give this amount:  
 (pick one)  
 One time  
 Monthly  
 Yearly

I would like to receive a recognition pin (minimum \$50 donation): yes \_\_\_ or no \_\_\_

**Thanks for giving to Campaign 100 for others in need!**

"It's time to step up to the plate!"



Mn Lions Childhood Cancer Foundation Inc.

**Believe Award**

**Application**

Club Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

**Recipient:**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Please check:

\_\_\_\_\_ Memorial Donation \$1,000.00, given in memory of a deceased Lion or non-Lion.

\_\_\_\_\_ Cumulative Award - Accumulated gifts over time resulting in a \$1,000.00 donation.

Mail or Email Application to:

Lion Genia Sjerven  
14496 Geneva Ave N  
Hugo MN 55038  
[sjerven@gmail.com](mailto:sjerven@gmail.com)

Mail Award to: Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_



## Lions Affordable Hearing Aid Project

**Do you have a low-income person who needs hearing aids?** There is a procedure that needs to be followed in order for your club to help out. First, that person must see an audiologist for a hearing evaluation. The audiologist should work with Medicare and/or Lions clubs to help with costs of hearing tests and later installation of hearing aids.

After the evaluation, if the person needs hearing aids, the audiologist needs to order hearing aids from Starkey (address below). Your district should have money in their Starkey account from the used hearing aids that your district has donated. This money will provide free aids for the person. The audiologist then calls territory account manager at Starkey to order hearing aids. Your district trustee will help get that information for you. The audiologist then will fit the aids. Lions Clubs may have to offer some financial assistance.



If your recipient is young person up to age 15, the audiologist may want to check with other hearing aids companies for grants to help with purchasing hearing aids for children.

**Lions Club International** also has more information and materials to help with hearing aids in a program called Lions Affordable Hearing Aid Project (Lions AHAP) available only through local Lions clubs. To learn more about this project and for an application, go to <https://temp.lionsclubs.org/all/pdfs/lcif/lcif128.pdf>.

